

Anxiety Reduction

The 5-4-3-2-1 Grounding Technique

Look around you and find:



5 things you can see



4 things you can touch



3 things you can hear



2 things you can smell



1 thing you can taste

This is called 'grounding'. It can help if you feel like you have lost control of your surroundings.

A Thought For You

The longest and most important relationship you will ever have is the one you have with yourself. It is the **ONLY** relationship that you have from the moment you are born to the moment you die. It is also the relationship that is most neglected. You are worth getting to know! Take some time today to do so.

The 60-second Tranquilizer

Breathe in deeply through your nose.

1. Say firmly to yourself:
"I CAN TAKE CONTROL"

2. Tell yourself:
"I CAN DO ANYTHING I WANT TO"
Breathe out slowly through
your mouth.

3. Slowly breathe in and allow your
abdomen to soften and rise.

4. Pause slightly,
focus on your breathing.

5. Slowly breathe out, slightly longer
than breathing in.

6. Say to yourself
**"I AM BREATHING IN PEACE AND
BLOWING AWAY TENSION"**

7. Each time you breathe out, relax
your face, jaw, shoulders, and hands.

8. **MOVE** and **TALK** more slowly.

9. Repeat this until you feel in
control.